

Session Options

8-13 Min - \$10

♥ BRAIN TAP FLOAT PREP : 8

SINGLE CHAKRA ZONE BALANCE :
10 MIN EA : PICK A ZONE

BODY SCAN-FINDING THE STRESS
IN YOUR BODY : 10

CONNECT UP MEDITATION : 12

AM FOCUS : 13

AM MOTIVATION : 11

TAP INTO INFINITE ENERGY : 11

ELIMINATE THE EFFECTS OF STRESS : 11

BEING THE CHANGE : 11

SHOW UP TODAY AS YOUR BEST VERSION : 12

BRIEF NAP : 11

CONCENTRATION : 11

FOCUS : 13

MOTIVATION : 11

COMMITTING TO YOUR BALANCED LIFE
(dual voice) : 12

10-MINUTE BRAINTAP JOURNEY: 10 (SV)

8-MINUTE BRAINTAP JOURNEY (SV): 8

CHILDREN : GETTING BACK YOUR LOVE OF
LEARNING : 12

CHILDREN : DISCOVERING THE JOY OF BEING
PATIENT : 12

CHILDREN : BUILDING RESPECT FOR YOUSELF
& OTHERS : 12

CHILDREN : PEACE WITHIN ME, PEACE WITHIN
THE WORLD : 12

CHILDREN : MASTERING HOMEWORK WITH A
POSITIVE MOOD : 11

CHILDREN : PLANNING HAPPY DAYS
AT SCHOOL : 12

CHILDREN : MASTERING CONFIDENCE TO
AMPLIFY YOUR DAY : 12

CHILDREN : MAKING FRIENDS EASILY : 11

ZENSYNC 10 MIN MEDITATION (music only): 10

MIRACLE CORD (music only) : 10

ELIMINATE NEGATIVE THINKING & START YOUR
DAY RIGHT : 11

STARGATE OCTIUM PART 3: 10 (music only)

HEALTH AND WELLBEING VISUALIZATION (SV): 12

Session Options

14-19 Min - \$15

CHILDREN : EMBRACING OPTIMISM : 15

BALANCE YOUR LIFE IN CHRIST 1 : 18

BALANCE YOUR LIFE IN CHRIST 2 : 18

MOUNTAIN LAKE (guided imagery) : 16

ZENSYNC 15 MIN MEDITATION (music only):
15

GEOMETRIC MEDITATION MINDFIT LBB
(music only) : 18

MUSICAL JOURNEY FOR LYMPH SUPPORT
(music only) : 17

ALPHA TRAINING (music only) : 15

DEEP BREATHING RELAXATION (guided
imagery) : 14

INNER SILENCE (guided imagery) : 17

FLOATING WARMTH (guided imagery) : 18

WATERS OF LIFE (music only) : 15

AWAKENED BRAIN (music only) : 15

RE-ENERGIZE MUSIC (MUSIC ONLY): 15

CELLULAR ATTUNEMENT 01 (SV): 15

Session Options

20-27 Min - \$20

SMT FOR KNEE PAIN RELIEF : 20

ELIMINATE NEGATIVE THINKING : 21

OXYGENATING THE BODY - THE LYMPHATIC SYSTEM (dual voice - program description is wrong) - 22

DEPRESSION RELEASE (music only) : 20

I RELEASE GUILT & FEAR - THETA (music only) : 22

I AM PURE LOVE - THETA (music only) : 22

I AM INTUITIVE - THETA (music only) : 22

I AM IN HARMONY WITH MY SURROUNDINGS - THETA (music only) : 22

I AM TRANSFORMED - THETA (music only) : 22

I AM REJUVENATED - THETA (music only) : 23

CELL CLEANSER (music only) : 20

GENTLE SERENITY (music only with subliminal messages. Helps ease anxiety) : 20

CONNECT TO YOUR SOULS PURPOSE (music only with subliminal messages. Helps you realize your souls purpose) : 20

RELEASE PAST TRAUMA (music only with subliminal messages. Helps release & restore body from past trauma) : 20

BREAK THE CHAINS THAT KEEP YOU FROM ULTIMATE HEALTH : (dual voice) : 21

CHANGING BELIEFS (SV) : 22

OPTIMIZING YOUR BRAIN'S CAPACITY (DV): 21

SPIRITUAL CONNECTIONS FROM THE HEART (SV): 20

CREATING YOUR MOUNTAINTOP RETREAT : 24

BEING FULLY PRESENT-INCREASE YOUR ATTENTION SPAN : 21

ELIMINATE NEGATIVE THINKING : 23

CHANGE YOUR INNER SELF TALK : 21

BEYOND POSITIVE THINKING : 21

SPECTRUM : (GOOD FOR ADHD/ADD, DEPRESSION, ANXIETY & SPECTRUM DISORDERS) : 20

OPENING TO RECEIVE GODS LOVE : 21

FORGIVENESS, YOUR KEY TO ACCEPTANCE (CHRISTIAN) : 21

ZENSYNC 25-MINUTE MEDITATION : (music only) : 25

WIND DANCE (music only) : 20

DEPRESSION RELEASE (music only) : 20

GOING WITH THE FLOW DAY & NIGHT: (single voice, sleep Rx) : 23

SLEEP DEEP & AWAKEN RECHARGED (SV): 22

SLEEP DEEP & LET GO OF UNWANTED FEARS FOREVER (SV): 26

MUSICAL JOURNEY RELEASE ACUTE PAIN (MUSIC ONLY): 21

GOING WITH THE FLOW DAY & NIGHT (SV): 23

FROM PHOBIA TO PERSONAL POWER: 22

DETOX FOR FAT-BURNING SUPPORT (SV): 21

CONQUERING CRAVINGS FOR SUGAR & UNHEALTHY FATS (DV): 21

Session Options

28-34 Min - \$30

GOSPEL MEDITATION : 31

♥ CHAKRA JOURNEY (music only) : 30

DIVINE PEACE (music only) : 31

THETA TRAINING (music only) : 30

DELTA TRAINING (music only) : 30

SPECTRUM : (GOOD FOR ADHD/ADD,
DEPRESSION, ANXIETY & SPECTRUM
DISORDERS) : 30

CELL CLEANSER (music only) : 30

CHIROPRACTOR -

SPINAL DECOMPRESSION WORKS : 10 : \$10

ELIMINATE CHRONIC PAIN & RELAX : 11 : \$10

TAPPING POSITIVE THOUGHTS FOR HEALING
: 11 : \$10

CHECK YOUR POSTURE & FEEL STRESS MELT
AWAY : 16 : \$15

ACTIVATE YOUR PARASYMPATHETICS FOR
HEALING BALANCE : 16 : \$15

MOVING BEYOND SYMPTOM RELIEF TO PEAK
PERFORMANCE : 16 : \$15

RELAX & ALLOW SPINAL DECOMPRESSION
TO WORK FOR YOU : 30 : \$30

Programs

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

8 STEPS TO COPING WITH GRIEF

BREAKTHROUGH FOR PTSD FOR MILITARY

BREAKING THROUGH PTSD

FREEDOM FROM ALCOHOL

FREEDOM FROM ADDICTION

HEALING MEDITATION FOR CHILD ABUSE SURVIVORS

A LIFE WITHOUT SMOKING

WHOLE HEALTH ADDICTION RECOVERY

WEIGHT LOSS STARTER

COPING WITH CANCER

DIABETES ACTIVE LIFESTYLE PROGRAM

BLISSFUL BODY MEDITATION : (helps delve into your past & heal any disconnects within your body, mind & spirit. Use this before Health Source Weight Loss if dealing with body shaming or past pain leading to food addiction)

HEALTH SOURCE WEIGHT LOSS

WINNING RELATIONSHIPS

I CAN

LIFE MASTERY

MIND OVER MENOPAUSE

STRESS FREE CHILD BIRTH

NATURAL LYME RELIEF
BREAKTHROUGH

MEDICAL RECOVERY

ANXIETY

ACCELERATED LEARNING

Anxiety

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

MODULUE 1-CLOSING THE ANXIETY GAP (SV): 19

MODULE 4--END ANXIETY (SV): 24

MODULE 2-CONTROLLING ANXIETY (SV): 26

MODULE 5-MORNING CUP OF JOE (SV): 22

MODULE 3-REDUCING ANXIETY (SV): 23

MODULE 6-NEW YOU (SV): 19

Blissful Body Meditation

(helps delve into your past & heal any disconnects within your body, mind & spirit.

Use this before Health Source Weight Loss if dealing with body shaming or past pain leading to food addiction)

INTRODUCTION BLISSFUL BODY
MEDITATION COURSE (NO LIGHTS) :3

PAST, PRESENT, FUTURE (SV) 10

PLUG IN CONNECT PROTECT (SV): 11

RELEASING WORRIES (SV): 8

HEALING PAST HURT (SV): 9

I LOVE YOU, I FORGIVE YOU, THANK
YOU: 8

FUTURE GUIDE (SV): 8

CONGRATS (NO LIGHTS): 3

Weight Wellness

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

SAFELY SPEED UP WEIGHT LOSS (DV): 24

SIMPLE STEPS TO SELF-CONFIDENCE (DV): 27

ELIMINATE THE GAIN/LOSE CYCLE (DV): 22

BREAK THE CHAINS THAT KEEP YOU FROM ULTIMATE
HEALTH (DV): 21

EXTINGUISH JUNK FOOD CRAVINGS (DV): 22

ELIMINATE THE TRAPS ASSOCIATED WITH DIETING
(DV): 21

MENTAL TOUGHNESS FOR WEIGHT MANAGEMENT
(DV): 21

CHANGE YOUR THINKING FROM KNOWING TO DOING
(DV): 21

Weight loss Starter

SAFELY SPEEDING UP WEIGHT LOSS (DV): 24

ELIMINATE THE GAIN/LOSS CYCLE (SV): 21

SUNRISE AGREEMENT (DV): 22

DEVELOPING POSITIVE EATING PATTERNS (DV): 20

EXERCISING IS ENERGIZING (DV): 20

DETOX FOR FAT-BURNING SUPPORT (SV): 21

TAKE BACK CONTROL OF YOUR
APPETITE (DV): 21

FREE YOURSELF FROM OVERWEIGHT
THINKING (DV): 21

CHOOSING HABITS THAT KEEP YOU
NATURALLY THIN (DV): 21

EXERCISE- YOUR KEY TO LASTING
HEALTH AND VITALITY (DV): 21

HealthSource Weightloss

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

BREAKING THE CHAINS OF WEIGHTLOSS
RESISTANCE SYNDROME 22

CREATING A DIET THAT WORKS FOR YOU (SV): 22

SUPERCHARGE YOUR JOY FOR EXERCISE (SV): 22

TURN YOUR BODY INTO A FAT BURNING MACHINE
(SV): 22

LIVING YOUR LIFE AS A NATURALLY THIN PERSON
(SV): 22

ELIMINATE OVERWEIGHT BEHAVIORS (DV): 22

ERASE TRIGGERS THAT CAUSED THE WEIGHT IN
THE FIRST PLACE (DV): 22

DEVELOPING THE HEALTHSOURCE MINDSET
FOR LIFE 22

PLANNING YOUR LIFE NATURALLY THIN (SV):
22

THE PLAN WORKS SO WORK THE PLAN (DV):
22

MAKING THE LASTING CONNECTION (SV): 22

UNLOCK YOUR CREATIVE GENIUS (DV): 22

HARNESSING THE POWER OF COMMITMENT
(SV): 21

Addiction Recovery

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

BREAKING THE HISTORY OF ABUSE & PTSD (SV): 22

MAKING THE CONNECTION TO A GREATER POWER
(SV): 22

FREE YOUR PAST, FORGIVE, & EMBRACE THE
POWER (SV): 21

BUILDING THE 3 C'S (SV): 22

DEVELOPING THE COURAGE TO EXPRESS &
RELEASE (SV): 22

TELIMINATE STRESS BY DISCOVERING THE
POSTIVE (SV): 24

LET GO & GO WITH THE FLOW (SV): 23

TRYING NEW THINGS FOR A NEW
BEGINNING (SV): 22

TRUST & HUMILITY, YOUR KEY TO LASTING
CHANGE (SV): 22

TAKING CARE OF TODAY BY FEEDING YOUR
BODY (SV): 22

Freedom from Addiction

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

SPERSONAL RESPONSIBILITY & WORKING WITH
YOUR OTHER THAN CONSCIOUS MIND TO
MANAGE YOUR LIFE (SV): 22

TAPPING INTO A GREATER POWER THAN YOU TO
RESTORE SANITY TO YOUR LIFE (SV): 21

RELEASE YOUR PAST & EMBRACE THE POWER OF
CHANGE (SV): 22

TAKING A FEARLESS MORAL INVENTORY (SV): 21

DEVELOPING THE COURAGE TO EXPRESS &
RELEASE THE PAST (SV): 21

DISCOVERING THE POSITIVE INTENT BEHIND OLD
BEHAVIORS (SV): 22

I HUMILITY, YOUR KEY TO LASTING CHANGE
(SV) : 21

TRYING NEW THINGS FOR A NEW
BEGINNING (SV): 21

SOCIAL HOUSECLEANING FROM THE INSIDE
OUT (SV): 22

BECOMING A BRIDGE-BUILDER FOR MORE
POSITIVE RELATIONSHIPS (SV): 22

LET GO & GO WITH THE FLOW (SAFE PLACE)
(SV): 21

TAKING CARE OF TODAY BY PLANNING A
BRIGHT FUTURE (SV): 21

STAYING CONNECTED TO YOUR HIGHER
POWER (SV): 21

Accelerated learning

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

SETTING GOALS FOR LEARNING SUCCESS (SV): 26

BEING AN OPTIMISTIC THINKER (SV): 26

SECRETS FOR INCREASING YOUR READING SPEED
(SV): 26

DEMONSTRATE SELF-CONFIDENCE IN LEARNING
(SV): 25

END SELF-SABOTAGE AT SCHOOL (SV): 26

TURNING HOMEWORK PROCRASTINATION INTO
MOTIVATION (SV): 25

INCREASE YOUR READING SPEED &
COMPREHENSION (SV): 23

BUILDING A PERFECT MEMORY & RECALL
(SV): 23

ENJOY PUBLIC SPEAKING (SV): 23

QUICK TRICKS FOR STUDENT GENIUSES (SV):
24

GOAL PROGRAMMING & SUCCESSFUL
STUDENT (SV): 24

SELF-CONFIDENCE & THE STUDENT GENIUS
(SV): 23

Coping with Cancer

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

RELAXATION FOR INNER HEALING (SV): 22

RELAX & LET IT BE (SV): 19

REJUVENATE YOUR BODY THROUGH DEEP DELTA SLEEP (SV): 21

HEALTH & WELLNESS (SV): 21

THE POWER OF OPTIMISTIC PLANNING (SV): 22

INSUPERCHARGE YOUR IMMUNE SYSTEM (SV): 21

ELIMINATE HARMFUL HABITS FOR HEALTH & WELLNESS (SV): 21

REJUVENATE YOUR BODY THROUGH DEEP DELTA SLEEP (DV): 21

TAPPING INTO YOUR INTERNAL PHARMACY (SV): 22

ELIMINATE HARMFUL HABITS (DV): 21

FOCUS ON HEALTH & MAXIMIZE YOUR SUPPORT NETWORK (SV): 22

TAPPING INTO YOUR INTERNAL PHARMACY (DV): 14

TRANSFORM NEGATIVE THINKING INTO POSITIVE MOTIVATION (SV): 21

TRANSFORM NEGATIVE THINKING INTO POSITIVITY (DV): 21

BUILD YOUR OWN INTERNAL SUPPORT SYSTEM (SV): 21

BUILD YOUR OWN INTERNAL SUPPORT SYSTEM (DV): 21

TURN ON THE POWER OF FAITH THROUGH IMAGERY (SV): 19

TURN ON THE POWER OF FAITH THROUGH IMAGERY (DV): 19

USING GOAL PROGRAMMING & POSITIVE EXPECTANCY (SV): 19

USING GOAL PROGRAMMING & POSITIVE EXPECTANCY (DV): 19

MAKING HEALTH A PRIORITY & STAYING FOCUSED ON WELLNESS (SV): 21

RELAX AND LET IT BE (DV): 19

SUPERCHARGE YOUR IMMUNE SYSTEM (DV): 21

Diabetes Active Lifestyle

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

ACTIVATE YOUR DAILY PLAN FOR AN ACTIVE LIFESTYLE (SV): 22

ACTIVATE YOUR PLAN FOR AN ACTIVE LIFESTYLE (DV): 22

STIMULATE YOUR DAILY COMMITMENT (SV): 22

STIMULATE YOUR DAILY COMMITMENT (DV): 22

BEING PROACTIVE IN YOUR DAILY DIABETES MANAGEMENT (SV): 22

BEING PROACTIVE IN YOUR DIABETES MANAGEMENT (DV): 22

PERSONAL CHOICE-YOUR COMMITMENT TO A COMPLICATION FREE LIFE (SV): 22

PERSONAL CHOICE-COMPLICATION FREE LIFESTYLE (DV): 22

CONSISTENCY-YOUR KEY TO SUCCESSFUL DIABETES RELIEF (SV): 22

CONSISTENCY -YOUR KEY TO DIABETES RELIEF (DV): 22

DOING YOUR PART TO KEEP BLOOD SUGAR LEVEL (SV): 22

DOING YOUR PART TO KEEP BLOOD SUGAR LEVEL (DV): 22

ELIMINATE FAILURE AS AN OPTION (SV): 22

ELIMINATE FAILURE AS AN OPTION (DV): 22

Coping with Grief

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

ACKNOWLEDGE THE IMPACT OF LOSS (SV): 15

ELIMINATE THE PERSISTENT THOUGHTS OF GUILT
(DV): 22

REGAIN YOUR SENSE OF SELF (DV): 22

MAKING PEACE WITH THE PROCESS OF LIEF (DV):
22

ACACCEPT THE HEALING & PUT THE PAST INTO
PERSPECTIVE (DV): 22

BUILDING A NEW PERSPECTIVE ON GRIEF (SV): 22

DAILY PROBLEM SOLVING FOR HEALTH &
HAPPINESS (SV): 22

BUILDING BALANCE IN EVERY SITUATION (DV): 22

Life Mastery

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

OPERATING IN YOUR OPTIMAL RISK ZONE (DV): 18	OPERATING IN YOUR OPTIMAL RISK ZONE (SV): 18
ASK, BELIEVE & RECEIVE VISUALIZATION (DV): 26	ASK, BELIEVE & RECEIVE VISUALIZATION (SV): 26
THE SECRET POWER OF SELF TALK (DV): 22	THE SECRET POWER OF SELF TALK (SV): 22
ACTIVATE THE MAGNETIC POWER OF YOUR DREAMS (DV): 21	ACTIVATE THE MAGNETIC POWER OF YOUR DREAMS (SV): 21
BECOME A PERSONAL SUCCESS MAGNET (DV): 19	BECOME A PERSONAL SUCCESS MAGNET (SV): 19
WHOLE BRAIN MOTIVATION & UNENDING DRIVE (DV): 21	WHOLE BRAIN MOTIVATION & UNENDING DRIVE (SV): 21
STEP ON THEFASTTRACK TO PERSONAL SUCCESS (DV): 21	STEP ON THE FAST TRACK TO PERSONAL SUCCESS (SV): 21
ENTHUSIASM, FOCUS & FLEXIBILITY (DV): 21	ENTHUSIAM, FOCUS & FLEXIBILTY (SV): 21
HARNESS THE POWER OF CHANGE (DV): 22	HARNESS THE POWER OF CHANGE (SV): 22
AWAKEN YOUR SENSES & CREATE YOUR FUTURE (DV): 22	AWAKEN YOUR SENSES & CREATE YOUR FUTURE (SV): 22
POWER PHRASES FOR POWERFUL ACTIONS (DV): 20	POWER PHRASES FOR POWERFUL ACTIONS (SV): 20
ELIMINATE NEGATIVE THINKING (DV): 21	ELIMINATE NEGATIVE THINKING (SV): 21
TRANSFORM PROCRASTINATION INTO TOAL MOTIVATION (DV): 22	TRANSFORM PROCRASTINATION INTO TOTAL MOTIVATION (SV): 22
JOURNEY TO THE CREATIVITY ZONE (DV): 21	JOURNEY TO THE CREATIVITY ZONE (SV) 21
STEP INTO THE SPOTLIGHT OF YOUR LIFE (SV): 22	

Lyme Relief Breakthrough

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

LYME HEADACHE RELIEF (DV): 21

LYME JOINT PAIN RELIEF (DV): 21

REBUILDING YOUR NATURAL SLEEP RESPONSE
(DV): 21

RELAX & LISTEN TO YOUR HEART (DV): 21

MIND/BODY LYME RELIEF (DV): 21

DEEP RELAXATION FOR LYME RELIEF (DV): 21

LYME HEADACHE RELIEF (SV): 21

LYME JOINT PAIN RELIEF (SV): 21

REBUILDING YOUR NATURAL SLEEP RESPONSE
(SV): 21

RELAX & LISTEN TO YOUR HEART (SV): 21

MIND/BODY LYME RELIEF (SV): 21

SUPERCHARGE YOUR IMMUNE SYSTEM (SV): 21

DEEP RELAXATION FOR LYME RELIEF (SV): 21

Medical Recovery

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

DE-STRESS & LOWER BLOOD PRESSURE (SV): 22

PRE-SURGERY CALM FOR BETTER HEALING (SV): 22

POST-SURGERY STRESS RELIEF FOR A HEALTHY
MIND & BODY (SV): 22

SOOTHING PAIN RELIEF FOR RAPID HEALING (SV):
21

RID YOUR MIND OF PRE-SURGERY JITTERS (SV): 11

MENTALLY PREPARE FOR YOUR PROCEDURE (SV):
11

RELAX & HEAL AFTER SURGERY (SV): 11

MENTAL RELAXATION DURING A PROCEDURE (SV):
11

STAYING RELAXED AFTER YOUR PROCEDURE (SV):
19

POST-SURGERY VISUALIZATION FOR BODY
MENDING (SV): 19

Freedom from Alcohol

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

AWAKENING TO A NEW REALITY (SV): 20

BREAKING BELIEFS AND BEHAVIORAL PATTERNS
(SV): 21

RECLAIMING YOUR POWER (SV): 21

MOVING FROM FEAR INTO FREEDOM (SV): 22

USING THE POWER OF INTENTION FOR A
HEALTHY LIFE (SV): 22

TURNING INTO THE POWER OF CHANGE (SV): 20

GAINING FREEDOM FROM ALCOHOL STEP BY STEP
(SV): 20

LIVING LIFE ALCOHOL FREE (SV): 22

REBUILDING YOUR LIFE (SV): 22

TAKING RESPONSIBILITY (SV): 19

ELIMINATING NEGATIVE SELF-TALK (SV): 22

CLEAN AND HEALTHY AND LOVING IT (SV): 20

MIND & BODY SOLUTIONS ALCOHOL FREE (SV): 22

Healing Meditation for Child Abuse Survivors

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

MEDITATION ON HOPE & HEALING (SV): 23

MEDITATION FOR EMPOWERMENT (SV): 22

MEDITATION FOR SAFETY & CONTAINMENT
(SV): 22

MEDITATION FOR HEALING SHAME (SV): 22

MEDITATION ON TRUST (SV): 22

MEDITATION ON SELF-SOOTHING (SV): 22

MEDITATION FOR GRIEF & LETTING GO (SV): 22

MEDITATION FOR HEALING THE INNER CHILD (SV):
22

MEDITATION ON CELEBRATING VICTORY (SV): 22

MEDITATION TO HEAL SELF-BLAME (SV): 22

MEDITATION ON EMBRACING FREEDOM (SV): 22

MEDITATION FOR FEELING LOVED (SV): 23

SAFE MOUNTAIN MEADOW RETREAT (SV): 23

Mind Over Menopause

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

BALANCE YOUR MOOD, BALANCE YOUR LIFE
(SV): 27

CREATING HARMONY WITH THE CYCLES OF LIFE
(SV): 26

MENTAL SKILLS TO HELP YOU MASTER
MENOPAUSE (SV): 31

ELIMINATE BRAIN FOG & SHARPEN YOUR
MEMORY (SV): 31

COPING WITH EMOTIONAL CHANGES DURING
MENOPAUSE (SV): 31

GET CONNECTED IN TIMES OF UNCERTAINTY
(SV): 28

ELIMINATE FATIGUE & BOOST YOUR ENERGY (SV):
31

TIPS FOR QUICK MENOPAUSAL RELIEF (SV): 26

MAKING PEACE WITH YOUR BODY (SV): 25

PAIN CONTROL & MENOPAUSE (SV): 28

3 EASY STEPS TO REGAINING BALANCE (SV): 25

RELAX & CONTROL NIGHT SWEATS & HOT FLASHES
(SV): 31

MASTERING THE PHYSICAL CHANGES OF
MENOPAUSE (SV): 27

Military PTSD

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

RECLAIM YOUR EMOTIONS AFTER PTSD (SV): 22

USE FORGIVENESS AS A RESOURCE (DV): 22

TURN DOWN THE VOLUME ON NEGATIVE (SV):
23

REFRAME GRIEF & GUILT & BE FREE (SV): 22

RECONNECT WITH LIFE AFTER MILITARY
SERVICE (DV) 22

MAKING PEACE WITH LIFE (DV): 22

DEVELOP FAITH AS A HABIT (SV): 23

RESOLVE THE CONFLICT OF HOME LIFE & WAR (DV):
22

SAFELY RELEASE BOTTLED UP EMOTIONS (DV): 23

Breaking Through PTSD

MAKING PEACE WITH POST TRAUMATIC STRESS
DISORDER (DV): 2

ELIMINATE THE HIDDEN FEAR & FRUSTRATION
AFTER PTSD (SV): 22

RECLAIM YOUR FUTURE AFTER PTSD (DV): 22

DEVELOPING HOPE AS A HABIT; MOVING BEYOND
PTSD (SV): 22

ELIMINATE NEGATIVE EFFECTS OF PTSD (SV): 22

USING FORGIVENESS AS A RESOURCE (DV): 22

PUTTING THE PIECES BACK TOGETHER AFTER
TRAUMA (DV): 22

Winning Relationships

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

TAKING CHARGE OF YOUR DATING SUCCESS
(DV): 22

OVERCOMING SHYNESS (DV): 22

FREEDOM FROM CRITICISM...IT'S IN YOUR
POWER (DV): 22

INCREASE YOUR ATTRACTION THROUGH
CONFIDENT FLIRTING (DV): 22

LETTING GO OF FEAR & VISUALIZING DATING
SUCCESS (DV): 22

FINDING A DATE IN THE EXPANSIVE WORLD
AROUND YOU (DV): 22

Life Without Smoking

For optimal success, programs should be experienced 1x/day.

Minimum of 3x/week. Maximum of 3x/day.

Most sessions in each program are approx 20 min each.

Price : \$200 per month for unlimited use

PROBLEM SOLVING AS A NON-SMOKER (DV): 24	TOTAL RELAXATION FOR THE NON-SMOKER (SV): 20
MAKING PEACE WITH YOUR MIND (DV): 21	PROBLEM SOLVING AS A NON-SMOKER (DV): 24
FREEDOM FROM TOBACCO AT WORK (DV): 23	PLAN YOUR LIFE AS A NON-SMOKER (DV): 21
RID YOUR MIND OF STRESS & FRUSTRATION (DV): 25	CRAVING FREE/TOBACCO FREE (DV): 24
FEEL THE FLOW & LET GO - TOBACCO FREE (SV): 24	THINKING LIKE A NON-SMOKER (SV): 23
COUNT DOWN TO BEING TOBACCO FREE (SV): 27	SO HUM TOBACCO-FREE (DV): 24
	HEALTHY MIND FOR A TOBACCO FREE LIFESTYLE (DV): 23